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www.terwillegar.org

Issue 65 February 2017

Next submission deadline:
March 3, 2017

Next issue: April 3, 2017

Here's to Another Busy Year Ahead

*By Monte Weber
President,
Terwillegar Community League*

The Terwillegar Community League has another exciting year planned for 2017. First up is our radon awareness event held in partnership with the Lung Association, Oak Hills Community League, and the Terwillegar Towne Home Owners Association. If you were not able to make it out to the first radon event to get your free radon test kit and find out more on the how radon may be in your house, now is the time. Be sure you are able to come by on February 18th (more details on page 15).

Next up is our Family Day event on Monday, Feb 20th. There will be some sleigh rides, hot drinks, and fun in the snow, followed up with some pizza and the movie Moana (more details on page 5).

We will also be hosting the spring and fall 'I'm Too Big For It Sales', with the spring sale being held on April 22 (more details on page 8). For those of you who haven't come out to shop at this sale before, it's a great place to pick up some gently used kids' clothes, toys, electronics, etc. at very good prices. Make sure to come early as the really great stuff goes quickly.

If shopping isn't your thing but you have piles of kids' clothes/toys that your kids just don't need or use anymore, why not get a table at the event and give those items a second life, make some money, and also support your community.

Our largest events, Canada Day celebration (July 1) and Summer Carnival (August 12) are already being planned and look to be bigger and better this year than ever before.

We will also be continuing with planning and fundraising to build the ice rink at South Terwillegar Park. Good news - The Nellie Carlson playground will start construction this spring, with the grand opening hopefully happening before September 2017, just in time for the new school year.

We are also looking forward to another summer of outdoor movie nights, and many other exciting events in the community. More information on our other summer time activities like the

neighbourhood bbq will be provided in the coming months.

If you are looking to get more involved in our community this year, the Community League is always interested in adding more volunteers to assist with the various aspects of event planning, event set up, and onsite assistance.

The entire Board looks forward to seeing you & your friends & family at all the events coming up. Please feel free to contact me at president@terwillegar.org with any questions.



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Community

Winter Sidewalk Maintenance

Public Service Announcement

Keep Your Sidewalks Safe!

Snow and ice on sidewalks is hazardous for everyone. People with limited mobility, seniors, children and parents with strollers (and even those with no mobility limitations at all) may be severely injured from a fall on ice or snow.

Uncleared walkways can also make it difficult for those who deliver services in our city—mail carriers, meter readers, delivery drivers and emergency personnel—to do their jobs safely. In fact, each year, hospitals and doctors' offices are filled with people young and old who have slipped and fallen on poorly maintained sidewalks.

What is my role?

Community Standards Bylaw 14600 requires homeowners and tenants to clear snow and ice from every walk and driveway on or beside their property. Don't forget about any other properties you own, including derelict and vacant buildings—they may have sidewalks that need to be shovelled too.

Use sand or ice-melting products to start the clearing process if you can't shovel immediately after a snowfall. The fine for failing to clear sidewalks within 48 hours of the last snowfall is \$100, so save yourself the money and get it done!

My neighbours haven't been shovelling their walk. What can I do?

If you have a concern about a neighbour's uncleared walk discuss the concern directly with your neighbour.

Be a Snow Angel by offering to help them keep it clear if needed.

Find out more at edmonton.ca/snowangels.

Record the address of the violation and a description of the problem if you can't resolve the problem directly with your neighbour. Call 311 or register a complaint online at edmonton.ca. You will be asked to provide your name, address, phone number and the details of your concern in case your testimony is required in court.*

*Complaints are accepted between November 1 and May

1, and only when it has not snowed for at least 48 hours. Learn more about sidewalk snow maintenance at edmonton.ca/wintersidewalks



THANK YOU!!

The Terwillegar Community League Board would like to thank everyone for their support throughout the year.

We are looking forward to 2017!

If you would like to get involved please contact the League.



'Tiny Hands Talk' Preschool

Starts **September 2017** in Terwillegar Towne

Available for 4 year olds - the year before they begin Kindy.

Topics cover: Math, Literacy, Art, Drama, Music & Sign Language

'The changes in Marcus' attitude towards learning & trying new things without being discouraged, have improved immensely thanks to you.'

'Thanks for a great year! I can't imagine a better school for Sarah - you've been fantastic!'

Miss Jenny M.Sp.Ed, Dip.Teach, Ass.Dip.Drama, cert. 4 ASL

780.721.5554 tinyhandstalk1@gmail.com

www.tinyhandstalkpreschool.com

Community

Obesity in Pets

Dr. Travis Foster D.V.M.

Obesity in cats and dogs has become a growing problem over the past several years. An estimated 30% of pets are either significantly overweight or obese. Many reasons exist, but it primarily boils down to not enough exercise and too many calories. Genetics, disease, and metabolism play a role, but to a lesser degree.

Health concerns:

Health concerns can occur when a pet is obese. Excess stress on the joints from unneeded weight occurs, leading to earlier and/or more significant arthritis and resulting arthritic pain. This in turn leads to less voluntary activity which compounds both problems. Breathing difficulties occur especially in short nosed breeds. Extra fat in the throat and around the chest make tracheal (wind pipe) collapse more prevalent and full lung expansion more difficult. The pet also overheats more easily, making exercise difficult as well as dealing with the heat. Diabetes is very common, especially in obese cats. If an obese cat ever goes off food for whatever reason, body fat is used for energy and this can lead to excess fat deposition in the liver (hepatic lipidosis) and potential liver failure.

What can be done:

Extra calories that are not required to maintain a lean body mass contribute to weight gain. Here are a few tips to aid in cutting back those unnecessary calories:

Measure meal feedings - most bags of food have feeding guidelines. Every pet has a different requirement and may need more or less food than suggested depending on their age, activity level, and metabolism. Using a lower calorie, higher fiber food often helps keep them full.

Treats are a great way to bond with your pets. Remember, the

pets' reward is that they are getting something from you, they don't care how large of a treat it is. Breaking the treat into smaller bits or using kibbles of food as treats are effective ways of controlling the caloric intake.

Exercise is important to burn fat. Lean muscle mass promotes fat burning and increased metabolism. It is important to start slow and gradually increase the exercise levels over time, all the while evaluating the tolerance levels of the pet. For example, start off with an extra 5 minutes of walking per day and gradually increase, or toss the mouse toy for the cat an extra 5 minutes. Swimming for dogs is a great low impact form of exercise.

If you have a little one in the house, it may be a good idea to separate the pet from the dinner table if there are children dropping (or sneaking) extra food.

So many times I've heard the pet has gained weight while staying at

someone else's house (Grandma and Grandpa I'm looking at you!). Try measuring out your pet's meals and treats ahead of time with strict instructions (and, um...good luck.... ;)

What to look for:

Some general rules of thumb to evaluate ideal adult body condition include:

It should be possible to feel the ribs while having a small amount of padding.

Viewing the pet from the side, there should be a tuck where the belly meets the hind legs.
















Viewing the pet from above, there should be an "hourglass" shape.

For those pets battling the bulge, a little tough love, some extra weigh-ins and consults with your veterinarian, and patience will add years of higher quality, more enjoyable life for your furry pal.

Dr. Foster is the owner of the MacTaggart Veterinary Clinic and has over 15 years of experience practicing Veterinary Medicine.



How does your pet weigh in?

	<p>Very Thin</p> <p>Bony appearance even from a distance, with no fat and loss of muscle mass. Ribs and spine are easily seen and felt. Pet appears skinny, emaciated.</p> 	
	<p>Underweight</p> <p>Obvious waist and pronounced abdominal tuck, ribs and spine can be easily felt. Low body fat with some muscle mass. Pet appears thin, lean.</p> 	
	<p>Ideal weight</p> <p>Normal waist and abdominal tuck with no sagging visible from the side. Ribs and spine can be felt, but probably not seen. Balanced amount of fat and muscle mass. Pet appears normal, ideal.</p> 	
	<p>Overweight</p> <p>Waist appears distended from the side and "pear-shaped" from above. Ribs and spine are difficult to feel under fat deposits. Pet appears overweight, heavy.</p> 	
	<p>Obese</p> <p>Saggy abdomen, with no wastline visible from above; pet appears very round or "barrel-shaped". Fatty deposits can be easily seen and felt. Pet appears obese.</p> 	

Brooks, W. 2014. Obesity. The Pet Health Library. [accessed 2016 Nov 4]. <http://www.veterinarypartner.com/Content.plx?P=A&S=0&C=0&A=3082>

Visit www.terwillegar.org or join our Facebook page - Terwillegar Community League for updates

Community

OUTDOOR SOCCER REGISTRATION & PAYMENT SESSIONS

WHERE: TERWILLEGAR COMMUNITY RECREATION CENTER

MULTI-PURPOSE ROOM 6

1:00 P.M. – 4:00 P.M.

FEBRUARY 11TH

FEBRUARY 18TH

FEBRUARY 25TH



Engaged ✓ Informed ✓ Respected ✓

Tim October 16
CARTMELL

Your Candidate for Councillor in Ward 9.

Check for upcoming community events!



www.timcartmell.ca

Random Acts of Kindness

Need some inspiration?

The Random Acts of Kindness website offers all kinds of ideas, stories and resources about how to practice kindness at home, at work and in your community. Why not take a few minutes to relax and read or watch a video:

www.randomactsofkindness.org/

Playschool Open House - Thurs. Feb 16, 7:00-9:00 pm

The Little Aspen Playschool Society has been running in the southwest community of Aspen Gardens for over 25 years. It is a play-oriented program with 3hr classes and no parent duty days. (12015 - 39 A Ave)



Online Registration

6:00 am Tues. February 21- 24
littlespenplayschool.com



Community

TCL Family Day

2017

February 20th at 3pm

**Terwillegar Towne Community gardens
(behind Terwillegar Community Church)**

There will be **fun sleigh rides**, fire barrels & marshmallows roasting, hot chocolate & treats, **games** and music & a **snowman contest** with great prizes for the winners.

Later on, we will be moving the fun indoors for some pizza & the movie, Moana.

Snow much fun!!!

We can't wait to see you there!!!!

Community

Terwillegar Riverbend Advisory Council (TRAC) Update

By Karin Scott
TRAC Community Office

Community league memberships for all 8 community leagues in Area H are available at the TRAC Community Office which is conveniently located in the Terwillegar Community Recreation Centre. The office hours are:

- Tuesdays & Wednesdays: 9:00 am – 3:00 pm
 - Thursdays: 4:00 – 9:00 pm
 - 1st Saturday of the Month: 10:00 am – 2:00 pm
- Please note: Cash or Cheque are the accepted method of payment.

Membership applications and cheques made payable to the applicable community league may also be dropped off in the mailbox beside the TRAC Office. Your membership card and skate tags (if requested) will be mailed out the next business day.

Outdoor Soccer Registration/

Payment sessions will be held Saturday, February 11th, 18th, & 25th, 2017.

All registration events will take place at the Terwillegar Community Recreation Centre, in Multi-Purpose Room #6 from 1 – 4 pm. For more information, please check www.trsa.ca

A current Community League membership is required to play soccer. Check your membership card to see if it is still valid. All community league memberships expire August 31st.

Fees collected from membership sales provide much needed funds for community leagues to accomplish their mandate of improving the community and the quality of life for all residents.

“The best way to create the type of community you want to live in, is to get active and get engaged with your neighbours and with your league. When we all work together, we create safer,

healthier and more enjoyable neighbourhoods – ones we are proud to call ours.” – Edmonton Federation of Community Leagues

“The TRAC Messaging System is a part of a network of email groups in the Terwillegar/Riverbend/Windermere area that reaches over 1600 residents, announcing community events and bringing crime alerts and updates to the attention of all of us! This significantly improves our awareness and our sense of community and with the help of Sgt. Larry Langley of the EPS, we are able to utilize this network to reduce crime and bring justice to those that choose to do harm to our area”.

It's easy to sign up – just go to www.tracspirit.ca, click on “To become a TRAC VIP Member and receive important e-mails from TRAC, click here”. If you are legitimate, you will be registered and receive a confirmation email.

The date has been set for the 2017 TRAC Community Run/

Walk! Mark your calendars for **Sunday, May 28th, 2017**. We are looking for volunteers to sit on the 2017 TRAC Community Run Committee to ensure that this fun annual community event continues. Please contact the TRAC Community Office at tracmail@tracspirit.ca or by calling 780-439-9394 if you are interested or would like more information.

Mark Your Calendar For These Upcoming Events:

- Saturday, February 11th, 18th, & 25th, 2017: TRSA Outdoor Soccer Registration
- Sunday, February 26th, 2017: Riverbend Community League's Annual Winter Festival
- Wednesday, March 22nd, 2017: TRAC Meeting
- Wednesday, April 26th, 2017: TRAC AGM
- Sunday, May 28th, 2017: 12th Annual TRAC Community Run/Walk
- Wednesday, June 14th, 2017: TRAC Meeting

**OUTDOOR SOCCER REGISTRATION &
PAYMENT SESSIONS
TERWILLEGAR COMMUNITY RECREATION CENTER
(MULTI-PURPOSE ROOM 6) 1 P.M. TO 4 P.M.
FEBRUARY 11TH
FEBRUARY 18TH
FEBRUARY 25TH**

Catch the Spirit! www.tracspirit.ca

Auto Theft

Public Service Announcement
Information from Edmonton
Police Service

Most car security is inadequate. Thieves are able to break into and drive away with most makes and models of vehicles in less than a minute. Research shows that particular kinds of thieves favour certain models because

they have found ways to easily steal them. Many of these stolen vehicles will be used in other crimes and are often involved in police pursuits. These pursuits can become a safety risk to the public and the police officers involved.

Most vehicle crime is opportunistic and therefore

preventable. By following some straightforward advice, and working together, we can ensure that this type of crime is reduced in your community.

Need to report a crime to EPS that's NOT an emergency situation? Call #377 from your mobile device!



Edmonton Police Service would like to remind you that

thefts from vehicles are on the rise. Remember to:

- Lock your vehicle.
- Remove all valuables including.
- Remove your garage door opener.
- Ensure your garage door is closed, especially in the overnight.

If you are a victim of property theft, report it at 780-423-4567 or #377.

Holiday Lights Contest

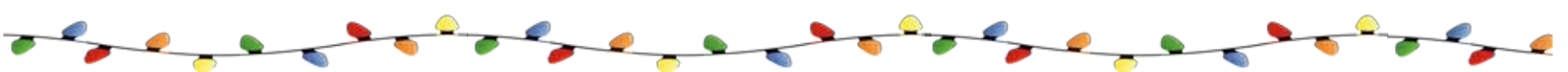
For the last few years it has become tradition for the Terwillegar Community League to host a Christmas Lights Contest.

Thank you for lighting up our community!



This year's contest did not disappoint with fantastic lights, sculptures, projections and inflatables. Obviously, this made the judges jobs very difficult and after a lot of driving around and discussion we were finally able to determine the winners. We had three overall winners who each received a \$50 Panago giftcard and a gift basket and there were eight runners-up, each received a gift basket from Second Cup.

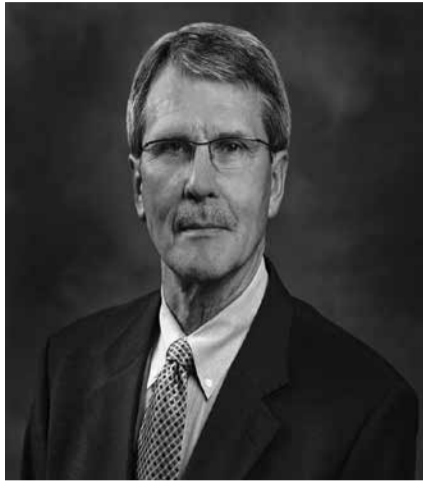
A huge thank you to everyone who decorated their homes, with such colorful displays of lights and spreading a beautiful festive atmosphere throughout our community.



Community

Donate a Ride

By Councillor Bryan Anderson



means making a choice between bus fare and going without food, or other basic necessities. For these individuals, having access to public transportation could greatly improve their quality of life.

Now in its 21st year, Donate a Ride uses donations to purchase transit tickets for those in need. The tickets are distributed to 74 community agencies within Edmonton that provide employment, educational and social services to low-income individuals and families.

As City Councillor for Ward 9, I've had the privilege of helping with the City of Edmonton's DONATE A RIDE campaign for 16 years. Every year, this valuable program donates transit tickets to those most in need.

Transportation remains a huge barrier for many individuals and families. Thousands of Edmontonians struggle to find reliable transportation, making it difficult to get to jobs, appointments or other essential services. In many cases, it

Through the generosity of our donors and sponsors, we've been able to help thousands of Edmontonians get where they need to go. Since the program started in 1996, it has distributed \$2.3 million worth of transit tickets.

I encourage everyone to donate to this worthwhile cause. Whether it's helping youth-at-risk get to programs or school

or jobs, or helping newcomers safely visit friends, find housing or get employment - DONATE A Ride eliminates barriers and truly 'gives those in need a lift.'

Donations can be made securely online year round. Until January 31, you can also place donations in ETS fare boxes using DONATE A RIDE envelopes,

which ETS bus operators will provide if requested.

For more information, I encourage you to visit www.donatearide.ab.ca.

If you have questions or comments, please contact me at bryan.anderson@edmonton.ca or 780-496-8130.





I'm Too Big For It Sale

Terwillegar Community League's Semi Annual Sale

When: Saturday, April 22nd 10:00 a.m. - 1:00 p.m.
**Where: Terwillegar Community Church
1751 Towne Centre Boulevard**

Vendor Tables are now available!

Additional information and vendor application available at www.terwillegar.org

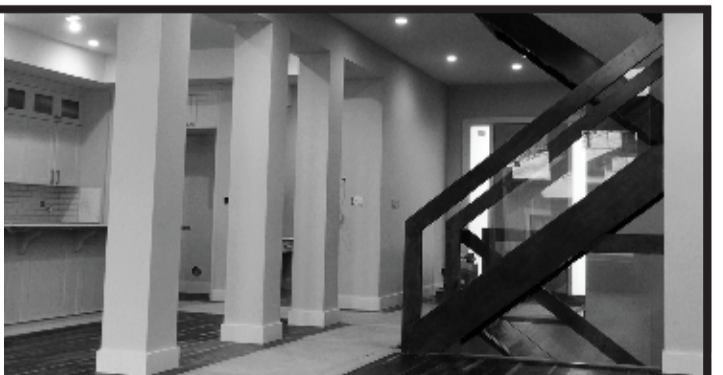


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Community

Riverbend/ Terwillegar Talk Housing

By Mike Van Boom
CRIHI Housing Ambassador

On Saturday, October 29, twenty-five people (including fifteen local neighbours) in Riverbend/Terwillegar gathered to talk affordable housing in a workshop hosted by the Interfaith Housing Initiative. They heard good information on affordable housing, and then sat down together to share their worries, concerns and ideas on how neighbours can respond to new proposals.

Although this event had a modest turnout, there was a good cross-section of people and opinions participating, including representatives from two community leagues (the Ridge and Riverbend), members of the Terwillegar Homeowner Association, Brander Gardens ROCKS, faith leaders, and neighbours at large. It was also a respectful conversation, taking place under rules that stated: Everyone has wisdom. We need to hear everyone's wisdom for the best result. There are no wrong answers. And everyone will both hear and be heard.

Here are two key points of conversation highlighting what the group heard from each other:

We need quality consultation! Several participants in the group shared their frustration at poorly done consultation.

Observations: The City and developers need to engage with the communities much earlier. A poorly done process (just checking a box) breeds mistrust. As well, if the developer doesn't have a good plan to address reasonable concerns, that triggers much higher levels of fear, worry and concern in the local community.

The group highlighted two positive examples of consultation done well: The Right at Home Society for its planned development of the Westmount Presbyterian Church site development in North Glenora. They spent one year in dialogue with the existing local community. The Schizophrenia Society of Alberta was also highlighted as a positive example in the development of a Permanent Supportive Housing project in the Bonnie Doon area.

A healthy conversation with a diverse group of voices was identified as necessary at both planning tables and in consultations. They also advise Developers to give neighbours some choices, and to take their input into account when fine-tuning a project.

A Healthy Neighbourhood Response to proposals for units of affordable housing nearby is: Assuming the development/property management agency has engaged properly with the existing community, such a response should be:

1. Inclusive of many perspectives, recognizing that not all are in agreement (accepting

that some views be supportive, others that are opposing, and still others that are questioning).

2. A willingness to be part of the process and to dialogue – meaning there is opportunity for all to be listened to and to be heard – to give and take, and respect each other even if we don't get our way.

3. Welcoming of new neighbours, even if a process or development does not unfold as it should. Positive example: The existing community in the Haddow neighbourhood has come to a broad agreement they will accept and welcome the future new residents of the Haddow First Place development even though the poor consultation process sparked strong resistance to the project.

4. Connected to a neighbourhood's story – where the look and feel of a project fits the surrounding neighbourhood so that community culture is maintained and enhanced and positive outcomes and opportunities are perceived and known." Related idea: A neighbourhood could develop a "charter" of what is community (a community charter of neighborliness)."

5. Aware of the need across the city, and our community's responsibility to help in meeting that need. I.e. "Our responsibilities include that with the inner-city expanding, we need to promote Affordable Housing in all areas of the city"

The full report is available online

and includes summaries of the presentations and five additional points of conversation. Access the full report at [interfaithhousing.ca/Resources/Housing workshop reports](http://interfaithhousing.ca/Resources/Housing%20workshop%20reports).

NUMBER THREE: The Need to be Good Neighbours

"Our responsibilities should be to welcome and include our new neighbours, be open-minded without prejudice – we should assume they are good people – there are a lot of ways to get to know folks"

"We need to find ways to get to know our neighbours. An offer of free topsoil has enabled my family to get to know many neighbours whom we had never met."

"As in the "Welcome Home (Program)," we need to welcome new neighbours to our neighbourhoods."

"The success of "Brander Gardens Rocks" results from its being based on a reciprocal relationship between the residents of that Community Housing project and the existing residents of the surrounding community. Over the years, attitudes have changed from "us and them" to just "us" and from "we can do it for them" to "we can do it with them." "Just because a person has a lower income doesn't mean they don't aspire to a better life. Many of these people want to give back."

Existing neighbours can organize community dinners and block parties to welcome newcomers.

What IS Neighbourhood Watch?

It's a program aimed at reducing crime in the community. Becoming a member is fun and easy! All you have to do is:

- Be a little social.
- Get to know your neighbours and introduce them to the Neighbourhood Watch Program.
- Encourage residents to watch out for each other to reduce crime in your community.
- Use your eyes and ears to become active citizens for the police. Report no matter what!
- Receive ENW materials and support on how to report suspicious activity in your neighbourhood.
- Receive the many safety tips to reduce opportunity for crime to occur.

It's people helping people to prevent crime!

The emergency number for reporting a crime in progress is 9-1-1.

The phone number for non-emergency complaint calls is 780-423-4567.

Terwillegar Community League Neighbourhood Representatives:

Annette Intenberg & Carolyn Cush-Niemenen, watch@terwillegar.org

Community

The Benefits of Massage in the Winter Months

By DarleeAnn Mathieson,
RMT
Sports Massage Therapist

As old man winter blows in dry, cold weather this time of year, your hands and feet may be suffering from dry conditions, irritated skin and stiff muscle aches. Your hands and feet can really take a beating throughout the course of your busy life, but especially during the winter season, making this time of the year the best season to give your hands and feet the attention they deserve. If you and your spouse's hands and feet need some warming and reinvigorating tender loving care, try the following hand and foot massage techniques to pamper each other this winter.

Give Your Hands the TLC they Deserve: Sitting by a warm fireplace or snuggled under your favorite blanket, pamper your spouse by massaging out all of the kinks and tension in his/her hands. Begin massaging at the base of the thumb area by applying circular pressure and hitting all of the pressure points around the thumb area. Gently move to the web area between the thumb and first finger, repeating the circular movements as you move to the padding between each finger at the palm. Massage both the palm and side of each hand, remembering to relax and breathe as you pamper your special someone.

Give Your Feet a Relaxing Treat: After shoveling snow all winter long and running around to school, work and family events, your feet may be feeling tired, sore and neglected. Treat your feet to a relaxing foot massage with your special someone. With your knees and feet propped on a comfortable pillow, roll a tennis ball forward and back on the arch of the foot, followed by side to side. Complete the foot massage by placing the ball on the heel and make circular motions to release all of the tension that builds up in your feet.

Rejuvenate Dry Skin with Overnight Moisturizing: The skin on your hands and feet should be soft and tender, but after frequent hand washing during the winter flu season and boot wearing during snow season, your skin can be left feeling rough, dry and brittle. To transform your hands and feet from unfavorable winter conditions, add moisturizing



yourself to a day at the spa, but they're not just for pampering anymore. Massages reduce muscle pain, stress, and even headaches. Healing and caring for your physical body creates a solid foundation for inner wellness and health.

cream or warm massage oil to your hand and foot massages. Also, apply a moisturizing cream to your feet and hands before bed and cover them with socks and gloves while you sleep to allow your skin to absorb and soak in the much needed moisture.

You may think of massages as something you save for treating

Health benefits of a massage:

- Increases blood flow to muscle and tissue
- Promotes warmth in the tissue
- Decreases stiffness and soreness
- Relaxation
- Stimulates the body's lymphatic system
- Improves blood circulation
- Reduces minor pain and fatigue



Riverbend Christian Nursery School

Preschool Programming for 3 & 4 year olds

We will be hosting an **OPEN HOUSE** on Monday, February 13 from 6 pm to 7:30 pm

rcnschool.com

ONLINE APPLICATIONS FOR REGISTRATION for the 2017-2018 school year will be open to Alumni and Public families on the following dates:

ALUMNI – Monday, February 6 at noon until Thursday, February 9 at 4 pm
PUBLIC – Tuesday, February 14 starting at 12:00 noon

- No Parent Duty Days
- No Fundraising or Casinos
- Access to Government Subsidy and PUF Funding

Neighbourhood Watch

www.watch.edmonton.ab.ca

Join today!

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TEL: (780) 484-5667

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316 Windermere Road - Edmonton
Windermere Plaza 2 - suite # 206
Email: info@windermerepd.ca



Community

Tips to Get Your Home Ready to Sell

By Sajida Pellegrini,
Rockpoint Realty, Associate

5 tips on how to get your home ready to sell this Spring

It may not seem like it when you look out the window, but spring is just around the corner and we all know what that means. Flowers will soon be blooming, it's time to start thinking about taking the winter tires off your car and of course, 'for sale' signs will soon be popping up all around the neighbourhood.

As Realtors, one of the most common questions we get is "How can I get my home to sell more quickly?" The truth is, there is no one magic answer to this question because so many different variables come into play. However, there are some things you can do to prepare your home that will dramatically improve your chances for a quick sale.

1. Get organized!

There is a lot to do when you are selling your home. Ensure you have all your paperwork in order, such as the real property report and condo documents. This can save time and eliminate last-minute problems when you sell. Other things you can do include:

- Making a to-do list of all the projects that need to be completed, such as changing lightbulbs, updating lighting fixtures, repairing leaky faucets, patching dry wall scuffs and fixing rickety gates. If you're not handy, get quotes from painters and contractors and hire a professional.

- Take a quick trip to Ikea or the home improvement store and get all of the supplies you will need as well as some fresh ideas for easy home improvements.

- Ensure you have an extra set of keys.

2. Declutter your space

It is critical that your home look spacious and free of clutter.

Buyers want to be able to see themselves living in your home and it is much easier if they are not overwhelmed by all of your things. Here are some quick things you can do to declutter your home and make it more appealing:

- Remove toiletries from your bathroom
- Declutter your counter tops in your kitchen
- Clean the inside of your kitchen cupboards
- Remove all the pictures and school notices on your fridge
- Clean out your closets (prospective buyers want to see that you have enough storage space in closets and cupboards)
- Remove kids' toys and homework from dining areas and other living areas
- Remove all personal photos and knick-knacks

Remember: buyers should be able to imagine all of their things in your home. Make this easy for them.

3. Spruce up your space

Buyers will have an emotional reaction to your home within 15 seconds of entering your space, so you will want to make it look warm, inviting and move-in ready. This does not have to be an expensive endeavor; in fact you can use things you already own or borrow from friends and family. Improvements you can make that can provide a good return-on-investment include:

- A fresh coat of paint is one of the most inexpensive ways to freshen up your home, especially if you have bold colours throughout your home. Neutral colors will appeal to more buyers. Don't forget those tired looking baseboards and ceilings!
- Invest in some neutral towels for the bathroom and maybe a new shower curtain
- Liven up your living room with some new throw cushions and a rug
- Get your windows and blinds cleaned and remove scuff marks on walls
- Get the carpets cleaned and ensure your house smells inviting. This is especially

important if you smoke in your home or own pets.

4. Don't forget the curb appeal

The outside of your home will significantly impact a prospective buyer's first impression. Here are some easy things you can do to help your home make a better introduction:

- Clean any scuff marks on your door (if necessary, give your door a fresh coat of paint)
- Invest in some seasonal plants or baskets
- If you have a porch, ensure it looks well-maintained and free of clutter
- Clean up your yard and garden, and remove any unsightly objects
- Ensure you have appropriate lighting for those buyers who will visit your property at night.

5. Hire a Realtor

A Realtor will give you up-to-date market information and inform you of neighborhood

trends. Realtors carefully analyze this information and advise you on the best way to price and market your home. The objective should always be to maximize your return while giving you the best chance at a sale. Realtors are there to protect you when offers come in too. They will negotiate hard on pricing and important contract terms, and look out for your best interests at all times. There are many risks involved in selling a home and Realtors have the training and experience needed to minimize those risks. Lastly, remember that there is no such thing as a standard or set commission, so do some shopping around and consider using an agent that can provide the services you need for less.

For more information about selling your home, or for a free market evaluation contact Sajida Pellegrini at Sajida@rockpointrealty.ca

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Kids Zone - Coloring Contest



Valentine's Day Coloring Contest

Name: _____	All entries must be received by . Please note March 17 : one entry per child. The contest is open to residents of the following areas: Terwillegar, Magrath, South Terwillegar, and MacTaggart. Age categories are: 2-4; 5-7; and 8-11. Prizes awarded to first place & runner up of \$25.00 & \$10.00 gift certificates for Toys R Us Entries should be mailed to: Terwillegar Community League PO Box 36508 RPO MacTaggart Edmonton, AB T6R 0T4
Age: _____	
Address: _____	
Phone: _____	

Kids Zone - Word Search

Valentine's Day

K	I	S	S	I	V	E	Y	S	S	D	E	N	P
E	P	A	I	E	S	I	E	V	U	E	S	E	H
I	S	P	O	E	M	S	O	D	R	S	A	I	R
E	S	S	P	I	E	T	A	L	O	C	O	H	C
S	H	I	N	P	F	D	E	S	G	U	H	K	F
N	S	R	E	T	T	E	L	S	Y	B	E	F	L
S	C	P	B	F	I	U	Y	C	S	N	I	T	O
P	A	Y	S	B	K	E	D	L	D	P	F	T	W
A	R	P	I	H	S	D	N	E	I	R	F	K	E
G	D	S	P	R	O	P	A	L	O	V	E	F	R
P	S	V	P	C	S	F	C	C	K	A	S	E	S
S	S	K	I	N	D	N	E	S	S	S	E	R	N
N	C	O	L	U	E	E	S	E	I	P	P	U	P
O	T	E	D	D	Y	B	E	A	R	O	O	E	L

POEMS
 CHOCOLATE
 CANDY
 LETTERS
 KINDNESS
 LOVE
 HUGS
 CARDS
 FRIENDSHIP
 KISS
 PUPPIES
 FLOWERS
 TEDDYBEAR

Community

Ice Castles Are Back - Running Until March 15th

Public Service Announcement

It's back! This winter, explore the Ice Castles, a two acre winter wonderland crafted by hand using only icicles and water, and resembles organic formations found in nature, like those of frozen glaciers or ice caves. For the second time in forever, Ice Castles will call Hawrelak Park home.

View the beauty of the ice castle structure and squeeze, squish and crawl through parts of the stunning, Narnia-like display. Favorite photo spots can be found in the throne room, in front of the fountain and throughout the winding ice maze. Children will enjoy whizzing down the tubular ice slide and spelunking through small tunnels.



The Ice Castles, Hawrelak Park, 9330 Groat Road

Ice Castles are the brainchild of ice artist Brent Christensen, who invented and patented this process while experimenting with winter activities with

his children in their Utah home. The Ice Castle features millions of icicles that sparkle a glacial blue by day and glow multi-colored at night with

the help of thousands of LED lights embedded in the ice.

And the Winners are...

Ages 2-4
1st Place: Lilia S.
Runner Up: Cole C.

Ages 5-7
1st Place: Chloe W.
Runner Up: Talia P.

Ages 8-11
1st Place: Chloe L.
Runner Up: Ava R.

Thank you to everyone who participated.
Our community is filled with very talented children.

Congratulations!

Have a contest idea?

**Terwillegar Community League
would love to hear it.**

**Email: president@terwillegar.org
or
editor@terwillegar.org**

REGISTRATION

for

Terwillegar Community Preschool

Opens Online

MONDAY, FEBRUARY 27th @ 9:00am

go to... www.techurch.ca

Radon Information Session - February 18th

B R E A T H E
the lung association



Want to test your house for radon,
the 2nd leading cause of lung cancer, **for free?**

The Alberta Lung Association in partnership with the Canadian Association of Radon Scientists and Technologists, Terwillegar Towne Home Owners Association, Oak Hills Community League, and the Terwillegar Community League are hosting a Radon Information Session at 2:00 p.m. on Saturday, February 18th at the Terwillegar Community Church (1751 Towne Centre Boulevard).



More information will be provided in a short presentation starting at 3:00 p.m., representatives will be onsite giving away **FREE** radon test kits (retail value of \$40-\$70) and information on radon. The session will end at 5:00 p.m. and you must be present to receive your free kit.

What is radon? Radon is a radioactive, invisible, odorless gas that can seep into your home through cracks in floors, walls and foundations. You can't see radon. You can't smell it or taste it. In enclosed spaces, such as your home, it can accumulate to dangerous levels.



Exposure to high levels of radon in indoor air results in increased risk of developing lung cancer. **DID YOU KNOW** - Radon is the second leading cause of lung cancer after smoking, and Health Canada estimates that about 16% of lung cancer deaths are related to being exposed to radon in the home. It is estimated that there are more than 3,000 lung cancer deaths in Canada related to radon each year.

The only way to ensure your home does not have dangerous levels of radon is to test for it. Please come find out more information about radon, its impact on your health, how easy it is to test for it in your home and the solutions if it is found. For more information, or if you are unable to attend and need to purchase a test kit, call 780-488-6995 ext 2257 or email mweber@ab.lung.ca.



Get Excited!

The ultimate list to Edmonton's festivals and activities throughout the winter season!

wintercity
Edmonton
Winter Excitement Guide
2016 / 2017

WHAT IS THE ONLY THING BETTER THAN A CURE FOR **CANCER?**
PREVENTION
RADON = DAMAGED DNA = CANCER

KNOWLEDGE IS POWER!
TEST YOUR HOME NOW TO SEE IF YOU'RE AT RISK OF RADON INDUCED CANCER.

UNIVERSITY OF CALGARY

SWESA stands for SouthWest Edmonton Seniors Association. SWESA was formed to reflect the needs of people 55 and older in southwest Edmonton. Their goal is to provide social, cultural, and recreational programs and services that enhance your enjoyment of life.

www.swedmontonseniors.ca

By Ellen Frombach

SWESA recognizes the contributions of two Board members.

There are two SWESA Board members who are completing their 4 year terms this spring: Carol Bigam, and Barbara Olsen. Both of these members have been instrumental in leading SWESA through its start up phase, at a time when there were no guidelines for how to operate. They have dedicated endless hours of volunteer time to build this important seniors community.



Carol Bigam

Carol has been SWESA's President for the past 3 years, and previously, served one-year as the Vice-President, guiding the organization through its early development. No task was too big or small, and included everything from organizing the coffee drop-in groups, organizing supplies and equipment purchases in a newly developing organization, working on SWESA by-laws, coordinating volunteers to assist with SWESA events, and just getting done what needed to be done. You probably have observed Carol's warm and welcoming behaviour to all members of SWESA. Carol has been an instrumental leader in developing the monthly SWESA luncheon to the exceptional

The SouthWest Seniors Association (SWESA) - Recognizing Board Member Contributions

event that it is today. She always has time to sit down with a member and hear about what is going on in their lives. It is with deep regret that SWESA announces the recent passing of Board Member Ms. Barbara Olsen. Originally a research chemist, she was a social work administrator/consultant for 40 years and lent her skills and passion for people to numerous community groups, including the Seniors Housing Forum. Barbara was a founding member of SWESA and remained a vital contributor on the board of directors since 2012. She was responsible for most of the high-quality written materials coming from the organization, was instrumental in securing grants for the organization and put together the casino application slated for May 2017. Barbara will be missed by many and remembered for her steely determination and quick, witty thinking.

If you would like to share your thank-you for the contribution of these individuals, email: communications@swedmontonseniors.ca. Your message will be forwarded.

SWESA is always an exciting place to spend some time at. Check out these upcoming events:

1. SWESA CommUNITY Drumming Circle

SWESA is hosting a CommUNITY drumming circle! Many cultures practice drumming as a spiritual or religious passage and interpret drummed rhythm similarly to spoken language or prayer. Drumming has developed over millennia to be a powerful art form.

This session will provide a social, engaging, and uplifting experience with many opportunities to create

and express ourselves. No musical experience is required.

When: Friday, February 17 from 1:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$10; Non-member \$12 Early registration is strongly suggested.

2. Lisa Brokop: The Patsy Cline Project at the Beaver Regional Arts Society

As one of the most nominated and award-winning female vocalists in Canadian country music history, Lisa Brokop will transport the audience back to the heyday of country music. Buoyed by supporting multimedia imagery, Lisa will take the audience on an incredible musical journey featuring some of Patsy Cline's most memorable songs including "Walkin' After Midnight" and "Crazy" woven in with some of Lisa's top hits like "Better Off Broken". Tickets include bus, dinner and the show.

When: Sunday, February 26 from 12:00 pm – 8:00 pm

Location: Departs from Yellowbird East Community Centre to Holden, Alberta

Cost: Member \$65; Non-member \$80 Early registration is strongly suggested.

Recreational Opportunities

SWESA works in collaboration with the City of Edmonton to provide member recreational opportunities. Did you know that your \$30 SWESA membership entitles you to discounts at the City of Edmonton Recreation Centres of 15% to 20%, depending on the pass that you are purchasing? Chat with your local recreation centre for more details.

Look for Other Seniors Programming in the Southwest

There are other great seniors program in several local community senior centres in the south-west as well as in community leagues. Some of these groups have been around longer than SWESA and provide excellent opportunities. Check out the listing of these centres and programs on SWESA's website. If we have missed your senior organization on our list, let us know.

Locations:

*SWESA Seniors Centre
Yellowbird East Community
Centre (YECC), 10710-19
Avenue.*

*SWESA Seniors Lounge
Terwillegar Community
Recreation Ctr (TCRC),
2051 Leger Rd
587-987-3200*

For more info email:
edmontonseniors@gmail.com
or visit the website:
www.edmontonseniors.ca



**WHERE NEIGHBOURS MEET
and GREAT THINGS HAPPEN**
EDMONTON FEDERATION of COMMUNITY LEAGUES



What Is Community League Membership?

At its simplest, a Community League is a group of your neighbours who volunteer to organize events, activities and programs in your community, such as soccer. The first Community League formed 100 years ago and today, there are 157 Community Leagues all across the City. Everyone in Edmonton lives within the boundary of a Community League.

When you purchase a Community League membership, you help your Community League bring residents together, improve community amenities, and enhance the quality of life for you and your neighbours. Community Leagues do this through organizing recreational, education and sport programming, hosting community parties and events, developing amenities such as spray parks, playgrounds, sports courts, community gardens and community league halls, and by being the voice of the community when it comes to civic matters that impact your neighbourhood.

Some **benefits** available, regardless of which community league is yours, include:

- Youth Sport Participation
- A 20% discount at any City of Edmonton Recreation Centre through the Community League Wellness Program
- Neighbourhood Parties, Events, Classes
- Free Skating On Any Outdoor Community League rink across the City
- A Voice in Shaping Your Community
- Other discounts/benefits that are advertised from time to time

Your league may also offer additional benefits, programs, or discounts with local businesses or services.

Please take the time to learn more about your community league and get involved. The best way to create the type of community you want to live in is to get active and get engaged with your neighbours and with your League. Check your League's web site to see what else may be of interest to you.

Find contact information for your Community League at efcl.org



Community

By Lisa Earls
Programs Director, TCL

Just before Christmas (December 10th), TCL hosted their first Christmas event. The event was to be held at the gazebo at Tomlinson Square but due to the inclement weather conditions, it was decided to move the fun indoors to Terwillegar Community Church. The event was a great success. Music was provided by a three piece band, which set a very festive tone with their great sound. Families had fun making Christmas decorations and coloring, while neighbors caught up over hot chocolate and treats.

The main attraction was, of course, Santa Claus & Mrs. Claus, who did not disappoint. All the boys and girls got to spend lots of time talking with Mr. and Mrs. Claus and having their photographs taken. Each child received a Mastermind Toys gift card from Santa Claus.

At 7pm, the lights were officially switched on at the gazebo at Tomlinson Square with great effect. Some of you may have noticed a new Canadian flag on top of the gazebo. TCL would like to thank the Homeowners' Owners Association for their kind donation of \$1,000, which went towards the lights on the gazebo.

Thank you to everyone that attended this event and making it the success that it was.



Graffiti vandalism is on the rise in your community.

Report It. Remove It.

Public Service Announcement

There is a noticeable increase in graffiti vandalism in your community. Graffiti vandalism is the most visible and prominent crime in a neighbourhood and can make communities appear unsafe and unwelcoming. Worse, the appearance of graffiti often attracts more disorder and escalates crime.

People often confuse graffiti with street art, but the two couldn't be more different. Street art is planned and permitted and usually takes the form of intricate and beautiful murals. On the flipside, 94 per cent of graffiti in Edmonton is just 'tagging'; vandals spray-painting their names on someone else's property

without the owner's consent.

Graffiti vandals gain their reputations based on 'street cred'. This means the longer graffiti is visible, the more street 'cred' the vandal gets, encouraging more graffiti in more locations. The materials used for graffiti are almost always stolen, which adds another layer of criminality to graffiti vandalism.

As soon as graffiti appears in an area, the tagger is marking his/her territory and they will expand that territory quickly! Removing graffiti right away the best way to prevent it from recurring and spreading. It's also the law; Community Standards Bylaw 14600 requires property owners to remove graffiti vandalism

from their property within a reasonable timeframe. The fine for failing to do so is \$250.

Citizens should also report graffiti as soon as possible to 311, preferably by using the Edmonton 311 App, which allows them to take a picture of the graffiti and record the exact location. Graffiti vandalism is a criminal offence — if you see graffiti crime in progress, call 911 immediately.

If graffiti goes unreported, it won't be long until it ends up on private property - your garage, your business or your car. By taking swift action to report and remove graffiti, you can help keep your community clean and safe.

For more information:

Contact 311 or visit edmonton.ca/graffiti to apply for the Professional Graffiti Cleaning Program, which provides removal at no cost to the property owner.

The City promotes and encourages outdoor art through our Community Mural Matching Grant.

For more details, visit edmonton.ca/graffiti.





Riverbend Community League
& Snow Valley

FAMILY WINTER Festival 2017

Sunday, February 26

1:00 - 4:00 pm

James Ramsey Park

- Horse Drawn Sleigh Rides
- Tubing/Tobogganing
- Snow Shoeing
- Cross-Country Skiing
- Bannock Making
- Hot Dog/Hamburger & Drink (\$2 donation)
- Winter Activities for Children



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"Oh, don't be sad."

*By Jackie Coffin,
Community Contributor*

We have all likely said or heard these words spoken to a child who is crying. These words are spoken in an attempt to bring the child back to happiness.

But, have you ever thought about how that sentence impacts the child and why we do this?

Ultimately, we are all motivated by our own emotional comfort levels. Most of us are not comfortable with sadness. When people around us are sad, typically it does not feel good, so what do we do? We try to make them happy so we can feel better in the moment and get some relief. It becomes about us, not always what is most supportive for the other person.

So when our children are sad and we tell them not to be, we can end up sacrificing their emotional health for our own comfort.

If we, as parents and a society, can learn to acknowledge this and put our own discomfort aside, then we can support our children in expressing how they are feeling in a healthy way. We can then tell them it is okay to be sad. We can offer them appropriate support like a hug, their favourite blankie, stuffed animal or a kleenex - all of which bring comfort, and make the child feel safe to release the sadness. We can teach our sons and daughters it is okay to cry, to feel sad, and how to appropriately release that emotion. Then, once it has been released, the child can return to feeling happy, or another emotion they are feeling, in an emotionally balanced way, not because someone told them not to feel sad.

This may seem simple, and maybe insignificant, but every emotion counts. Each time our children are feeling a certain way and we tell them to feel differently, we are teaching them

it is not okay to feel how they are feeling. Over time, they may stop expressing how they are feeling and suppressing emotions can create a lot of health problems and imbalances. It is healthy to feel and express all the emotions (sad, happy, guilt, anger, love, joy, disgust, contempt, peace, fear) on a daily basis, and we as

parents play a very important role in supporting our children in learning how to do this in a healthy, balanced way.



Interested in trying your hand at writing?

Are you an artist and want to share your creations with the community?

The Terwillegar Tribune is circulated to 8000+ homes as well as local businesses in the area & we are always looking for local content to feature. Contact the Editor by email at editor@terwillegar.org to learn more about how you can get involved with your community paper.

**Check us out on
Facebook!**

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Coming Events

Weekly: Please contact organizer for details

Southwest Edmonton Seniors Association (SWESA)
Pickleball, Every Mon., Wed. and Fri. 1:00-3:30 p.m. at TCRC
Bridge, Every Thurs. 12:30-3:30 p.m. at Riverbend Community Centre

Terwillegar Playgroup:
 Every Thurs., 9:30 - 11:30 a.m. at Holy Trinity Riverbend Church

Events:
 February 10&11: Canadian Birkie Ski Festival
 February 11: Outdoor Soccer Registration
 February 12: Dead Cold Run
 February 18: Outdoor Soccer Registrtaion
 February 20: TCL Family Day Event
 February 25: Outdoor Soccer Registration

Interested parties are encouraged to visit the League's website at www.terwillegar.org regularly for the most up to date information.

Terwillegar Tribune 2017	
Submission Deadline	Released
January 6	February 6
March 3	April 3
May 5	June 5
July 28	August 28
October 13	November 27

Terwillegar Community League mailing address:
 PO Box 36508 MacTaggart RPO
 Edmonton, AB T6R 0T4

Silver Skate Festival - Hawrelak Park, February 10-20

The Silver Skate Festival takes over Hawrelak Park for 10 days every February transforming Edmonton's river valley into a winter wonderland. Festivalgoers can discover snow sculptures, winter sports, horse-drawn sleigh rides as well as live music and theatrical performances. There's something for everyone! For a full festival schedule or to make a donation to support the festival visit www.silverskatefestival.org.

bone-chilling - and it can change in moments. Before you come down to the festival, check the forecast and dress for the weather. Here's some advice to help you and your family stay warm and comfy - from the top of your head to the tip of your toes - so you can enjoy your festival experience.

In the winter time, Edmonton weather runs the gamut from a little bit chilly to downright



Terwillegar Classifieds

How to contact the Terwillegar Community League



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If you would like to see your ad here, please contact editor@terwillegar.org for more information.

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Strengthening our Community Spirit?

Join our Community League!

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volunteercoordinator@terwillegar.org

www.terwillegar.org

Board Contacts

- President — Monte Weber, president@terwillegar.org
- Vice-President — Marc Lachance, vicepresident@terwillegar.org
- Treasurer — Kathleen Mountford, treasurer@terwillegar.org
- Secretary — Diane Pelletier, secretary@terwillegar.org
- Community Advocate — Sue Trigg, advocate@terwillegar.org
- Memberships - Ricardo Casanova, memberships@terwillegar.org
- Programs — Lisa Earls, programs@terwillegar.org
- Communications — Heather Maitner, communication@terwillegar.org
- Fundraising — Fiona Ko, fundraising@terwillegar.org

Other Contacts

- Community Garden — Amanda Hunt, garden@terwillegar.org
- Editor — Stephanie Gillis-Paulgaard, editor@terwillegar.org
- MacTaggart Rep - Christie Smith, advocate@terwillegar.org
- Magrath Rep - vacant, dalm@terwillegar.org
- Neighbourhood Watch - Annette Intenberg and Carolyn Cush-Niemenen, watch@terwillegar.org
- Programs Aide - vacant, programaide@terwillegar.org
- South Terwillegar Rep - Ryan Barber, dalst@terwillegar.org
- Terwillegar Gardens Rep - Sue Trigg, daltg@terwillegar.org
- Terwillegar Towne Rep - Monte Weber, president@terwillegar.org



SIP & SLIDE SUNDAYS JAN 1 - FEB 26

1:00pm – 4:30pm

Every Sunday in February, grab your toboggan, head to the hills, and sip a free hot chocolate courtesy of the City of Edmonton!

This year, find the crews at Jackie Parker, Rundle (ACT hill) and Gallagher Parks.

